


August 2017

Warren/Hamilton Counties Office for the Aging
Menu by: Catherine Keating-Stauch, RDN CDN

All meals served with 1% milk, bread, margarine, (Congregate site only - *coffee, tea and juice*). Diabetic desserts are available for those with diabetes. **Menus subject to change.** **Dinner Heating Instructions:** Oven 350° for 30-45 min or food temperature to 160°. Loosen foil top or remove film seal. **Microwave:** Plastic containers only - loosen film seal, heat on high 2-3 minutes (5-6 min. if frozen). Let stand 2-3 minutes prior to serving. **Caution contents will be hot.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	August 1 Swedish Meatballs Over Noodles Mixed Veggies Chilled Pineapple	August 2 Apple N' Onion Chicken Sweet Potatoes California Medley Jell-O Poke Cake	August 3 Lemon Baked Fish Roasted Red Potatoes Italian Veggies Fresh Grapes	August 4 Egg Salad on Roll Sliced Tomatoes/Lettuce Coleslaw Brownie
August 7  CHEF'S CHOICE	August 8 Pork Chops Sweet Potatoes Peas & Onions Mandarin Orange	August 9 Roast Turkey/Gravy Cranberry Sauce Mashed Potatoes Carrots Chilled Peaches	August 10 American Goulash Tossed Salad Asparagus Apricots	August 11 Cold Plate Chicken Salad Pasta Salad Tomato, Onion & Cucumber Salad Birthday Cake
August 14 Breaded Haddock Augratin Potatoes Japanese Veggies Rice Pudding/Topping	August 15 Meatloaf Mashed Potatoes California Medley Tropical Fruit Cup	August 16 Chicken & Stuffing Casse- role Sweet Potatoes Peas Chilled Pears	August 17 Cold Plate Sliced Roast Beef Plate Potato Salad & Coleslaw Sandwich Roll Berry Crisp	August 18 Stuffed Shells with Marinara Meat Sauce Tossed Salad Scandinavian Veggies Fresh Fruit
August 21 Chicken Reuben Rice Pilaf Broccoli Mandarin Orange	August 22 Sloppy Joes on a Bun Roasted Potato Bites Corn Chilled Peaches	August 23 Pot Roast/Gravy Mashed Potatoes Carrots Strawberry Shortcake	August 24 Cold Plate Chef Salad -(Turkey/ Ham/ Swiss Cheese/ Lettuce) Marinated Veggies Pineapple Upside Down Cake	August 25 Macaroni & Cheese Stewed Tomatoes Marinated Carrots Tropical Fruit Cup
August 28 Baked Fish Scandia Wild Rice Italian Veggies Chilled Pears	August 29 Creamy Chicken Casse- role Sweet Potatoes Peas & Onions Dump Cake	August 30 Veal Parmesan Penne/Marinara Sauce Italian Veggies Tossed Salad Fresh Fruit	August 31 Cold Plate Citrus, Turkey, and Spin- ach Salad Fresh Tomato salad Muffin of the Day Cookie of the Day	Suggested Contribution Per Meal: \$3

Meal site numbers:

Bolton: 644-2368
Cedars: 832-1705
cedars@warrencountyny.gov
Chestertown: 494-3119

Johnsburg: 251-2711
Long Lake: 624-5221
Warrensburg: 623- 2653
Lake Pleasant: 548-4941
Indian Lake: 648-5412

Lake Luzerne: 696-2200
First Presb. Church Glens Falls &
Solomon Heights, Queensbury:
832-1705
Wells: 924-4066



Newsletter for Seniors

Warren-Hamilton Counties Office for the Aging

1340 State Route 9 • Lake George, NY 12845 • 518-761-6347

Toll Free Number 1-888-553-4994

NY Connects 1-866-805-3931

AUGUST

2017

Office Staff

Deanna "Dee" Park - *Director*

Catherine Bearor - *Services Specialist*

Susan Dornan - *NY Connects,
Point of Entry Coordinator*

Hanna Hall - *Services Specialist*

Dinah Kawaguchi - *Typist*

Kathleen McLaughlin - *NY
Connects, Services Specialist*

Tammy Morehouse -
Aging Services Assistant

Rose Ann O'Rourke -
Coordinator of Services

Jami Rivers - *Receptionist*

Cindy Ross - *Fiscal Manager*

Catherine Keating - Stauch -
Registered Dietician / Menu

Mary Ann McCarthy- *Supervisor of
Volunteers*



Newsletters are available
online at:

[www.warrencountyny.gov/ofa/
newsletters.php](http://www.warrencountyny.gov/ofa/newsletters.php)

Or contact the office at
761-6347 to be added to our
email list.



SENIOR PICNIC

WHEN: Wednesday, September 13th

TIME: 10AM, Coffee & Donuts, 12PM Lunch

LOCATION: Warren County Fish Hatchery

145 Echo Lake Road

Warrensburg, NY 12885

MENU: Coffee, Tea & Donuts, Cold Refreshments, Hot
Dogs & Hamburgers, Coleslaw, Potato Salad,
Watermelon, and Strawberry Short Cake

COST: \$5, Tickets may be purchased at the Office for the
Aging or one of the meal sites. Please keep your
tickets for entry and the
door prize. PH#761-6347



We will be having entertainment,
games and prizes this year.



NY Connects
Your Link to Long Term
Services and Supports

Save this Date! Join us 10am-12 on Tuesday, September 12

Please join us for NY Connects Washington, Warren, and Hamilton Counties Long Term Care Council's Brunch Meeting at The Glen at Hiland Meadows. Our meeting is open to anyone interested in making a difference in our communities.

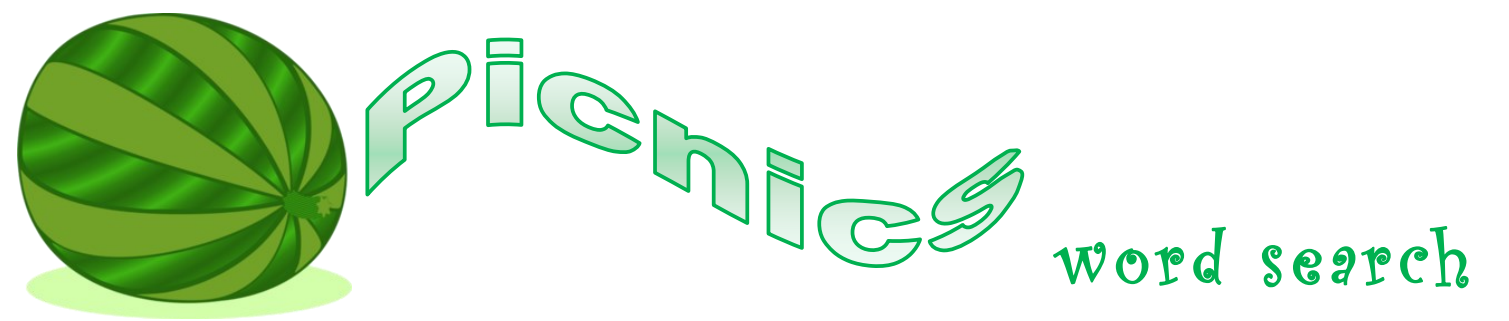


For more information or to reserve your space, contact **Kathy McLaughlin**, LTCC Secretary at 1-866-805-3931 or mclaughlink@warrencountyny.gov.
Reservations are necessary and due by September 6.

Congratulations to our newly elected NY Connects LTCC positions:

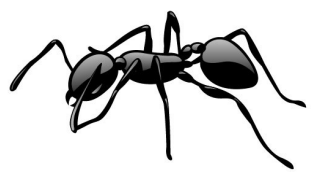
Secretary: Kathy McLaughlin, NY Connects, Warren-Hamilton Counties OFA
Co-Chair: Cynthia Mitchell, Interim Health Care
Chair: Jocelyn Blanchard, SAIL

Kim Comisky with the Caregiver Support Initiative
and Susan Dornan with NY Connects
will be at the Bolton Senior Citizen Nutrition Site
Thursday, August 24 from 11:30am-12:30
Providing an overview of long term care services & supports
available.
No RSVP necessary and hope to see you there!



Z	N	R	Y	H	C	Y	S	S	A	R	G	N	E	E	R	G
B	X	O	F	G	M	D	D	R	L	C	H	I	P	S	Y	C
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Q	U	I	P	E	Z	X	O	O	V	N	T	R	P	U	H	N
W	E	L	L	I	M	M	B	G	H	G	D	E	O	T	N	D
E	G	L	U	W	C	R	W	A	G	D	O	B	V	T	B	F
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E	B	L	A	N	K	E	T	B	R	W	N	A	R	L	A	U
G	L	A	R	Z	U	R	Y	N	F	I	B	I	D	I	O	M
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B	A	X	U	O	B	V	F	C	E	X	U	X	G	I	T	U
M	B	A	R	B	E	Q	U	E	Z	W	N	M	T	Y	N	P
A	F	G	H	J	K	L	Z	X	C	V	B	N	O	T	A	S
H	V	B	L	L	A	B	Y	E	L	L	O	V	V	E	R	S

- PICNIC
- HOT DOGS
- HAMBURGERS
- WATERMELON
- ANTS
- BLANKET
- BUTTERFLIES
- GREEN GRASS
- BARBEQUE
- SUN
- FRISBEE
- SALADS
- CHIPS
- VOLLEYBALL
- MUSIC





Office Board Bulletin



NY Connects
Your Link to Long Term Services and Supports



to our Volunteers celebrating in

AUGUST!

Bill Bucci.....	8
Joe Sullivan.....	12
Marjorie Hull	13
Diane Bosco.....	20
Suzanne Cartier.....	23
Frank Imbimbo.....	24

Warren-Hamilton Counties Advisory Council

October 25th – Chestertown Meal Site
6307 State Route 9, Chestertown

We would love to have you join us for the Warren/Hamilton Counties Advisory Council meetings.

Looking for a fun, flexible, “fill-in” kind of job?

SUBSTITUTES NEEDED

The following meal sites are currently looking to hire substitutes to fill-in when needed. Help us out during someone’s vacation or a sick day.



Help us serve the community around you.

Bolton Landing, Cedars, Queensbury, Chestertown, Johnsbury, Warrensburg Wells

Contact: Office for the Aging, 761-6347

THANK YOU!!

To Rae Skinner who painted our contribution box at the Cedars location. She is quite talented and did a wonderful job!!!

How it Works: Consumer Directed Personal Assistance Program (CDPAP)

Person has Community Medicaid level insurance.

Person has a chronic illness or physical disability.

Person has a medical need for help with activities of daily living or skilled nursing services.

Person must be able and willing to make informed choices and assume full responsibility for hiring, training, supervising, and if necessary, terminating the employment of person providing services. Person must arrange for back-up coverage when necessary and also keep payroll records.

Person’s doctor must send completed Physician’s Order for Services to county local social services.

The County assesses whether person can participate and recommends the amount, frequency and duration of services. If in Mainstream Managed Care, please contact your plan for the assessment.

Call NY Connects at 1-866-805-3931 for more information

Some information about Activities of Daily Living (ADL's)

Eating-Does person have ability to prepare meals and feed self? Does person require a special diet?

Mobility-Does a person need assistance? Does person uses devices? (cane, walker, wheelchair) Can person transfer self from one area to another without assistance?

Toileting-Does person have catheter/colostomy needs? Is there incontinence?

Medications-Can person administer their own medications?

Safety-Is person able to ask for help in an emergency situation? (Telephone someone, use Med-Alert)

For Long Term Care Services & Supports call NY Connects at Warren-Hamilton Counties Office for the Aging at 1-866-805-3931.

MEMORY CAFE

Join Us

Relax, Socialize & Have Fun

Refreshments & Conversation

The 3rd Wednesday of every month

August 16th

September 20th

The Queensbury Senior Center
742 Bay Road • Queensbury, NY

A care partner must accompany guests who require personal care assistance.

This program is supported by The Queensbury Senior Center and grants from the Goldberg Foundation, New York State Department of Health and The Alzheimer's Disease Caregiver Support Initiative.



For more information contact Kym at (518) 867-4999 ext. 215 or at khance@alz.org

Take the Time to Verify Your Ride!!

When arranging for transportation through a taxi company, uber driver, or other services, we want to make sure you are safe. Verify that the driver is there to pick you up, confirm that they are who they say they are, and that they know where you are going. If you feel unsafe, do not get in the car.



518 761-8224 • 742 Bay Road • Queensbury, NY 12845

The Queensbury Center is located at the Queensbury Town Complex on the corner of Bay and Haviland.

QSC Trip Planner • Contact Melissa at 745-4439 or melissa@seniorsonthego.org for further travel info.

Ongoing activities at a glance:

Lunch Bunch/Monthly Luncheons/Osteo Busters Exercise Classes/Tai Chi Class/Blood Pressure/Sugar Clinics/ Good Books Club/Computer Classes/Performing Line Dancing/Woodshop/Golf/Bowling/Crafts/Cards/Bingo & Much More.

Transportation to center available - 24 hours notice

Melissa Pagnotta at QSC (518) 745-4439

Julie Humphries at AAA (518) 824-3802



NATIONAL PARKS & FEDERAL RECREATIONAL LANDS SENIOR PASS

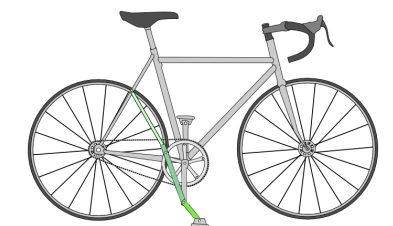
On August 28th, the cost for the Lifetime Senior Pass will increase from \$10 to \$80. These passes allow you lifetime admittance to designated national parks and federal recreational lands.

If you would like to purchase a pass, you may do so by visiting one of the local sites or completing an application online, or via mail. Please go to <https://store.usgs.gov/senior-pass> for local sites, the application, and mailing address. US citizens or permanent residents age 62 or over, are eligible for this pass. You will need proof such as a driver's license, passport or state issued ID.

JOANIE FLANAGAN'S 2017 BIKE RIDE FOR MULTIPLE SCLEROSIS

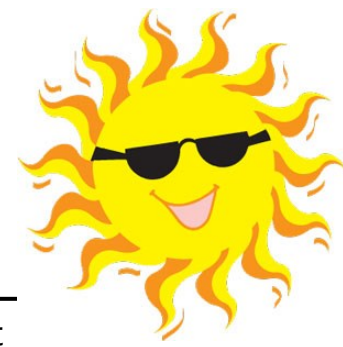
Joanie's goal is to raise \$10,000 for MS by September 16, 2017, the date of her ride.

To make a donation, you can go online to the MS website www.msupstateny.org, click on "Donate," scroll down to "Find a Participant," type in "Joan" and "Flanagan" and "NY" state. Click again on "Find a Participant" Scroll down to "Donate Now" next to Joan's name and follow the instructions. You may also send checks to Joan at 22 Nottingham Drive, Queensbury, NY 12804, made out to the "National MS Society".



New Members are Welcome, Come Join Our Family

Wed-8/2	Reading with Bea-short stories, all are welcome!	10 am
Thurs-8/3	Saratoga Racino-Limited van transportation \$6 donation-Van leaves Center at 9:30	1 pm
Fri-8/4	Lake George Youtheatre- <i>"Singin In The Rain"</i> -cost: \$10	9 am-4 pm
Fri-8/4	Special Bingo-Prizes and refreshments, coffee, large cards available	1:30 pm
Mon-8/7	Herb Gardening-Cornell Cooperative presentation-Call the Center to reserve a spot	9 am
Tues-8/8/15	Applique/Quilting Class with Pat Baynard-Cost: \$30 per kit. Limit 5-6 people	10 am
Tues-8/22/29	Applique/Quilting Class with Pat Baynard continues	1 pm
Wed-8/9	Little Theatre On The Farm-Annual Hee Haw Variety Show-Cost: \$5	10 am
Thurs-8/10	Dementia Conversation-helpful tips to assist families related to Dementia	1 pm
Thurs-8/10	Philadelphia Orchestra, SPAC-"American Classics"-Cost: \$35	12:45 pm
Mon-8/14	Art with Karen-Cost: \$15, all materials supplied-Call the Center to sign up	10 am
Wed-8/16	Skene Manor Mansion Lunch and Tour- Whitehall-Cost \$20-Must reserve by 8/9	12:30 pm
Fri-8/18	Seagle Music Colony- <i>"My Fair Lady"</i> -Cost: \$45/with Van \$55	1 pm
Mon-8/21	Shoobox Workshop-Making gifts for children all over the world, all welcome!	1-3 pm
Wed-8/23	Crandall Park picnic-Food, games, walk, cards. Call the Center to sign up. Cost: \$7	9 am-4 pm
Thurs-8/24	Healthy Living For The Brain And Body-Very informative program on our health.	10 am
Fri-8/25	Newsletter Mailing-Volunteers needed to fold, seal, address over 1600 newsletters	12 pm
Fri-8/25	Writers' Group meets-The group will discuss their own writings, all welcome	2 pm
Mon-8/28	Tick Prevention-Cornell Cooperative program. Protect yourself and your family.	10 am
Wed-8/30	Movie & Popcorn-"Gifted" starring Frank Adler-Call the Center to reserve your seat	1 pm
Wed-8/30	Reading with Bea-short stories, all are welcome!	12 pm
Thurs-8/31	Murder Mystery Luncheon at Luzerne Senior Center-Cost: \$10	1 pm
	ON-GOING ACTIVITIES AT A GLANCE:	
Monday- Friday	Thrift Shop-new items all the time	10-2 pm
Every Tues.	Bingo	10 a.m.
Every Wed.	Scrabble Group/Bridge Game	10 am
Every Thursday	Chair Yoga- with Tobey	10:30- 11:30
Mon-Thurs.	OSTEO Busters Exercise Program- Monday-Thursday-Sponsored by RSVP	9-10 am
Every Friday	Tai Chi Class with Sam Ling-Cost: \$6	9-10 a.m.
Every Friday	Wii Bowling/Line Dancing	10 a.m.
	Woodshop/Golf/Cards/Special Bingo & Much More.	



How to Spot and Treat Health Problems Caused by Heat

It's important to recognize when hot weather is making you sick, and when to get help. Here's a list of health problems caused by too much heat:

Dehydration	<p>WHAT IT IS: A loss of water in your body. It can be serious if not treated.</p> <p>WARNING SIGNS: Weakness, headache, muscle cramps, dizziness, confusion, and passing out.</p> <p>WHAT TO DO: Call your healthcare provider or 911. Meanwhile, drink plenty of water and, if possible, "sports drinks" such as Gatorade™, which contain important salts called "electrolytes." Among other things, electrolytes play a key role in regulating your heartbeat. Your body loses electrolytes when you're</p>
Heat stroke	<p>WHAT IT IS: A very dangerous rise in your body temperature. It can be deadly.</p> <p>WARNING SIGNS: A body temperature of 103 or higher; red, hot, and dry skin; a fast pulse; headache; dizziness; nausea or vomiting; confusion; and passing out.</p> <p>WHAT TO DO: Call 911 immediately. Move to a cool, shady place, take off or loosen heavy clothes. If possible, douse yourself with cool water or put cloths soaked with cool water on your wrists, ankles, arm-pits, and neck to lower your temperature. Try and see if you can safely swallow water or sports drinks.</p> <p>Note: If you are caring for someone else who has heat stroke, only give them water or drinks if they are awake and can swallow.</p>
Heat exhaustion	<p>WHAT IT IS: A serious health problem caused by too much heat and dehydration. If not treated, it may lead to heat stroke (see above).</p> <p>WARNING SIGNS: Heavy sweating or no sweating, muscle cramps, tiredness, weakness, paleness, cold or clammy skin, dizziness, headache, nausea or vomiting, fast and weak pulse, fainting.</p> <p>WHAT TO DO: Without delay, move to a cool, shady place, and drink plenty of cool fluids, such as water or Gatorade. Call 911 without delay if you have high blood pressure or heart problems, or if you don't feel better quickly after moving to the shade and drinking liquids.</p>
Heat syncope	<p>WHAT IT IS: Fainting caused by high temperatures</p> <p>WARNING SIGNS: Dizziness or fainting.</p> <p>WHAT TO DO: Lie down and put your feet up, and drink plenty of water and other cool fluids.</p>

DISCLAIMER: This information is not intended to diagnose health problems or to take the place of medical advice or care you receive from your physician or other healthcare provider. Always consult your healthcare provider about your medications, symptoms, and health problems.

Summer Health Tips for Seniors to Beat the Heat

The summertime is a time of fun and relaxation for most people. But as we age, we should be more aware of the potential health risks that are uniquely associated with both our age and the changing seasons.



Summer Health Tips for Seniors



1. Drink plenty of liquids. Drink eight or more 8-ounce glasses per day of water and/or fruit juices every day to stay hydrated.

2. Avoid caffeinated and alcoholic beverages. Alcohol, soda, coffee and even tea can leave you dehydrated quickly. If at all possible, try to reduce the amount of these beverages, especially during hot weather. Plain or flavored water is a good substitute.

3. Dress appropriately. Wear loose-fitting clothes in natural fabrics like cotton. Dress in light colors that will reflect the sun and heat instead of darker colors that will attract them.

4. Sunblock. When outdoors, protect your skin from damage by wearing hats, sunglasses and a sunscreen of SPF 30 or higher.



5. Stay indoors during extreme heat. In extreme heat and high humidity, evaporation is slowed and the body must work extra hard to maintain a normal temperature.

6. Air conditioning. If you do not have air conditioning in your home, go somewhere that does. A movie theater, the mall, a friend or relative's home or a community senior center are all good options.

7. Take a cool shower or bath. If you are absolutely unable to leave the house and do not have air conditioning, take a cool bath or shower to lower your body temperature on extremely hot days.

8. Keep your home cool. Temperatures inside the home should not exceed 85 degrees Fahrenheit for prolonged periods of time.

9. Signs of heat stroke. Know the signs of heat stroke (e.g. flushed face, high body temperature, headache, nausea, rapid pulse, dizziness and confusion) and take immediate action if you feel them coming on.

10. Be Good to Your Eyes - To protect your vision at work and at play, wear protective eyewear. When outdoors, wear sunglasses that block at least 99% of ultraviolet A and B rays. Sunglasses can help prevent cataracts, as well as wrinkles around the eyes.



Exercise Smart

If you enjoy outdoor activities such as walking or gardening, make sure to wear the proper clothing and protective gear. It is also important to keep track of time. Do not stay out for long periods and make sure to drink even more water than usual when exercising. Also consider getting outdoor exercise earlier in the morning or later in the evening when the sun is not at its peak.

Give Your Diet a Berry Boost

If you do one thing this summer to improve your diet, have a cup of mixed fresh berries -- blackberries, blueberries, or strawberries -- every day. They'll help you load up on antioxidants, which may help prevent damage to tissues and reduce the risks of age-related illnesses. Blueberries and blackberries are especially antioxidant-rich.

Spinach & Tortellini Salad



9oz pk	Cheese Filled Tortellini	2 cups	Cherry Tomatoes (cut in half)
10oz pk	Chopped Spinach (thawed & drained)	2oz	Sliced Black Olives
1/3 cup	Parmesan Cheese (Grated)	8oz	Italian Style Dressing

DIRECTIONS:

1) In a large pot of salted boiling water, cook pasta until al dente, rinse under cold water and drain. 2) In a large bowl, combine the tortellini, spinach, cheese, tomatoes and olives. Add enough salad dressing to coat. Toss and season with salt and pepper.



Summer Vegetable Ratatouille

- 2 Onions, Sliced into thin rings
- 3 Garlic Cloves, minced
- 1 Medium Eggplant, cubed
- 2 Zucchini, cubed
- 2 Medium Yellow Squash, cubed
- 2 Green Bell Peppers, seeded & cubed
- 1 Yellow Bell Pepper, diced

DIRECTIONS:

1) Heat 1 1/2 tablespoon of the oil in a large pot over medium-low heat. Add the onions and garlic and cook until soft. 2) In a large skillet, heat 1 1/2 tablespoon of olive oil and sauté the zucchini in batches until slightly browned on all sides. Remove the zucchini and place in the pot with the onions and garlic. 3) Sauté all the remaining vegetables one batch at a time, adding 1 1/2 tablespoon olive oil to the skillet each time you add a new set of vegetables. Once each batch has been sautéed add them to the large pot as was done in step 2. 4) Season with salt and pepper. Add the bay leaf and thyme and cover the pot. Cook over medium heat for 15 to 20 minutes. 5) Add the chopped tomatoes and parsley to the large pot, cook another 10-15 minutes. Stir occasionally. 6) Remove the bay leaf and adjust seasoning.